



proudly present

11TH ANNUAL BEYOND BOW WOMEN'S MOUNTAIN BIKING SYMPOSIUM

Saturday, May 21, 2011

9:00 a.m. – 4:30 p.m.

STONY CREEK METROPARK, SHELBY TWP, MICHIGAN

SKILLS CLINIC – *Geared for the beginner, novice and intermediate rider. Learn how to ride trails; how to adjust your weight distribution on climbs and descents, and for cornering and braking. Learn to ride over logs and even how to do the bunny hop!*



MAINTENANCE CLINIC –

Learn basic trail repair – fix a flat tire and a broken chain, the two most common problems on the trail. Find out how to clean and lube your bike properly.



MOUNTAIN BIKING 101 – *A forum to answer all your mountain biking questions and share experiences with others. Discussion topics such as "I want to ride, what do I need?" "Ouch, I crashed, now what do I do?" "Want to try racing? Here's how to get started." Open Q & A.*



COST OF SYMPOSIUM: \$20.00

Make check payable to State of Michigan

REGISTRATION DEADLINE: May 12, 2011

Limited to 60 participants

COMPLETE REGISTRATION AT PAGE 2

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- Symposium will be held at the West Branch "C" Picnic Area, follow the signs.
For more information, go to http://www.metroparks.com/parks/pk_stony_creek.php
 - Registration opens at 8:00 a.m. "Please be there early", the symposium will start promptly at 9:00 a.m.
 - Participants will be riding and getting dirty; please dress accordingly.
Seminar will go rain or shine.
 - Participants will need to bring a sack lunch. Bagels and juice will be provided in the morning and snacks and water throughout the day.
- PARTICIPANTS PROVIDE THEIR OWN BIKE AND HELMET.**



Michigan Department of Natural Resources and Environment

BECOMING AN OUTDOORS-WOMAN

**REGISTRATION FOR
BEYOND BOW MOUNTAIN BIKING SYMPOSIUM!**

*This information is required by authority of the Michigan Department
of Natural Resources for participation consideration.*



BEGINNERS WELCOME!

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE

STONY CREEK METRO PARK
WEST BRANCH C PICNIC AREA
SHELBY TWP, MICHIGAN

WHEN

SATURDAY, MAY 21, 2011
9:00 A.M. TO 4:30 P.M.

COST

\$20 PER PERSON

**REGISTRATION
DEADLINE**

MAY 12, 2011

You must pre-register for this workshop! Walk-ups cannot be accepted!

Print or type. Use separate registration for each person; photocopy for additional registrants.

Name	Are you 18 years of age or older? <input type="checkbox"/> No <input type="checkbox"/> Yes
Address	Do you have special accommodation needs (If yes, please state) <input type="checkbox"/> No <input type="checkbox"/> Yes
City, State, ZIP	Dietary Preferences (if meals are included) N/A – bring your own sack lunch!
Telephone (daytime) ()	Is this your first BOW event? <input type="checkbox"/> No <input type="checkbox"/> Yes
E-mail (please print clearly so we may email your confirmation)	Emergency Contact Name and Telephone

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

Signature

Date

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature

Date

Make check or money order payable to "State of Michigan"
and send with completed and signed registration to:

**CASHIER'S OFFICE
MICHIGAN DEPARTMENT OF NATURAL RESOURCES
P O BOX 30451
LANSING MI 48908**

OR

**You may use e-store to pay for this event! E-store may be
found on the right hand margin at www.michigan.gov/bow**

**Please note: you MUST fill out this form and mail it to the
cashier's office or fax to: (517) 373-1547 to be registered!**

**A confirmation will be sent via e-mail when both payment and
registration form have been received. Please allow 2 weeks.**

You may also scan and email your form to:

Dnr-outdoors-woman@michigan.gov

For more details contact:

Sue Tabor, BOW State Coordinator

Email: dnr-outdoors-woman@michigan.gov

Phone: (517) 241-2225

FOR DNR USE ONLY

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AOBJ - 9172